

## Evaluation of parenting style in parenting approaches to addiction treatment centers from 2015 to 2016

Evaluation of parenting style

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### Abstract

**Aim:** Behavioral problems, depression and other psychological problems are associated with negligent childbirth. Due to the lack of studies in this area and the importance of this issue, we decided to assess parenting style in parenting approaches to addiction treatment centers from 2015 to 2016. **Material and Method:** This study was conducted in health centers of Neyshabur, Iran, during the period 2015-2016. In this study, 3 health centers were randomly selected from health centers of Neyshabur city and sampling was done in them. Demographic questionnaire and parenting style questionnaire were completed by a researcher for all participants in the study. Data were then entered into SPSS-20 software and statistical analysis was performed with the Shapiro test, T-test, Mann-Whitney, and Kruskal-Wallis tests. **Results:** In the present study, the sex of parents, the gender of children, number and age of children, income level and parents' education did not show any significant difference between the two groups. The parenting style did not differ significantly between the two groups and this can be due to the sampling of health centers because people who come to health centers are careful about their own health and their children and those addicts who have a wrong lifestyle and consequently a wrong parenting style may refer to centers less. **Discussion:** In the present study there was no significant difference between the gender of parents and children, number and age of children, level of income and also the level of parents' education for both groups. Also, there was no significant difference in parenting style between both groups and it can be for the reason of health centers sampling because people who refer to health centers are certainly careful about the health of themselves and their children but some addicted people with incorrect lifestyle and parenting style may less refer to health centers. We reviewed various studies in this regard. According to the importance of this issue and its important effects on different studies, carrying out exclusive researches is necessary in this context. **Conclusion:** This study showed that there is no difference between the parenting style of addicted and normal people and the level of parenting education and income levels have a direct impact on parenting.

### Keywords

Addiction; Parents; Parenting Style

## Introduction

Family is considered as the first and the most unique social institution and the health and success of any community are related to the health and satisfaction of its members, also the effect of each individual and positive and negative relationships of each person in a family has great durability [1]. It is worthy of attention about the effect of inner family communications, the relationship between parents, the relationship between parents and their children, and relationships of children in the formation of individuals' personality, peace of mind, self-confidence, the ability of adjustment and finally having appropriate behaviors and lack of mental disorders [2]. Also, family is considered as the first base to create the link between a child and his surroundings. In fact, the early thoughts of a child about the world are learned in the family, he grows mentally and physically and learns basic norms of behavior and finally his morals would be shaped, in other words, he becomes sociable [3]. In the society, addiction is considered as one of the factors that ruin family foundation and their religious belief [4]. Addiction is a chronic state that involves repeated drug use as a mental habit and makes exclusion syndrome for addicted person when the drug use is interrupted [5]. Addiction is also considered a mental, biological, and social phenomenon [6]. According to the former researches, there is a significant relationship between parenting styles and mental health of people [7] as well as between family function and mental health of adolescents [8]. Functions of addicted families are related to emotional introspection of girls and their orientation toward drug use [9]. Researches showed that stress is considered as one of the reasons of drug use tendency [10]. Alcohol and Hashish abuse influence on social adjustment [11]. The children with addicted father have more emotional-behavioral disorders than children with non-addicted father [12]. Also, there is a significant difference in an academic state, interactions, and the level of anxiety for adolescents with an addicted father [13]. After expressing the impact of addiction in a family we would face with the word "parenting". In fact, parenting is a complicated activity including special methods and behaviors that effects on child growth separately or in interaction with each other. Indeed the bases of parenting methods indicate parents' efforts for socializing their children [14]. Parenting styles have significant effects on behavioral disorders [15]. Also, parenting styles are important factor for growth and learning of children [14]. Moreover, parenting style has an important effect on mental damage and children growth [2].

By expressing the impact of parenting on family it is understood that behavioral disorders, depression and other psychological problems are related to negligent parenting [16]. According to the lack of researches in this area and the importance of this issue, we decided to do a research as "parenting styles among people who referred to addiction treatment centers during the period 2015-2016".

## Material and Method

The present study was carried out from 2015 to 2016 in health centers of Neyshabur, Iran. In the present study, 3 health cen-

ters were selected randomly and they were sampled. All people who agreed to participate in the study were justified by the researcher and researcher completed the questionnaire for subjects. The validity of the questionnaires was confirmed in former studies and its reliability was confirmed as an agreement between evaluators.

There are some criteria to enter the study including people who referred to health centers, passing at least 6 month from the date of application to health center, having children with the age range of 8-18 years. The written informed consent was obtained from participants. Those having mental problems or lack of cooperation were excluded from the study.

The variables studied include addiction, age, sex, career, number of children, level of education and earning.

Demographic questionnaire and parenting style questionnaire were completed under the supervision of a researcher for all participants of the study. Parenting style questionnaire evaluates parenting methods of parents. It includes 25 questions and is scored on a scale of 7 scores; it also indicates procrastination (laxness), overactivity (autocratic discipline, showing anger and irritability), and verbosity of parents. Low scores indicate desirable parenting and high scores show inefficient parenting.

Data were analyzed by a 20<sup>th</sup> version of SPSS software and Shapiro test, T-test, Mann-Whitney, and Kruskal-Wallis tests.

## Results

The questionnaire included 30 questions and it was scored in the range of 1-7.

There were 152 individuals among them, 92 were normal individuals and 60 addicted persons; 10 individuals out of 60 did not complete the questionnaires, so totally there are 50 addicted individuals. Group 1 consisted of normal individuals and Group 2 consisted of addicted individuals.

An average age of participant parents was  $42.53 \pm 8.90$  and they were divided as  $43.38 \pm 9.31$  for normal group and  $41.12 \pm 8.17$  for the addicted group (minimum 20 and maximum 66 years old) and there was no significant difference between two groups ( $p > 0.05$ ).

Parents and children sex and number and age of children are presented in Table 1 separately for both groups and there is no significant difference between two groups ( $p > 0.05$ ). The age of children was in the range of 4-21 years and the number of children ranged between 1 and 8 (Table 1).

An income of the most number of group members (58 individuals (71.1%) of the first group and 75 individuals (60%) of the second group) was in the range of 5 million to 10 Million Rial and statistically, there was no significant difference between two groups. Also, the most number of group members (40% of the first group and 45% of the second group) had diploma and there was no significant difference between two groups for these two variables ( $p > 0.05$ ).

There is a significant relationship in the level of income and parents' education with parenting methods ( $p < 0.01$ ,  $P < 0.05$ ) and decisive parenting style is observed in families with more than 20 Million Rial income and higher than diploma education.

Table 1. Demographic characteristics in separate groups

Age of parents Mean± standard deviation	Age of children Mean± standard deviation	Number of children Mean± standard deviation	Children sex		Parents sex		
			Female	male	female	male	
43±9.31	13.47±3.61	2.56±1.24	56(60.9%)	34(3.1%)	40(45.5%)	48(52.2%)	Normal group
41.12±8.12	12.66±3.29	2.58±1.44	20(41.7%)	28(58.3%)	20(41.7%)	28(58.3%)	Addicted group

**Studying conflicting variables**

In this section, we have tried to study the effect of some variables such as age, sex, education, parents' income and also the age and sex of children as conflicting variables.

Conflicting variable has a significant relationship with both response variable and independent variable. For example, when we are to compare parenting in both groups, conflicting variable is considered as a variable that is related to parenting and also is different in both groups.

Thus, in order to find conflicting factors, we would study the relationship of each variable as age, sex, education, a family income and also age and sex of children with parenting and attachment.

According to the Pearson correlation test, there was no significant relationship between the age of parents and children with parenting and attachment ( $p=0.496$ ).

Due to independent T-test, there was no significant relationship between the age of children with parenting and attachment ( $p=0.296$ ).

Due to the Kruskal-Wallis test there was no significant relationship between family income and parenting ( $p=0.236$ ).

Due to the Kruskal-Wallis test, there was no significant relationship between the level of education and parenting but there was a significant relationship between the level of education and attachment ( $p=0.123$ ).

To compare this indicator and subscales between two groups, the Shapiro test was used to study the normality ( $p>0.05$ ).

According to the above results, there is no conflicting variable to compare parenting between the two groups. To compare laxness, verbosity, and total average of parenting between two groups, the T-test was used to consider normality and the Mann-Whitney test was used due to lack of normality to compare overactivity ( $p>0.05$ ).

The total average score of parenting for the addicted group was  $3.82\pm0.32$  and for the normal group was  $3.90\pm0.27$ . The average score of each group is presented in the table for three sub-scales:

Table 2. Comparing lifestyle in separate groups

Normal	Addict	Parenting style
4.01±0.08	4.03±.08	Laxness
3.73±0.9	3.73±0.91	Overactivity
3.75±.14	3.66±0.11	Verbosity

Table 3. Pearson correlation coefficient for parenting style and group of the research

Normal	Addict	Parenting style
203	0.228	Laxness
0.241	-0.204	Overactivity
-0.7521	-0.089	Verbosity

**Discussion**

In the present study, there was no significant difference in parents and children sex, number and age of children, level of income and also the level of parents' education for both groups. Also, there was no significant difference in parenting style between both groups and it can be due to health centers sampling because people who refer to health centers are certainly careful about the health of themselves and their children but some addicted people with incorrect lifestyle and parenting style may less refer to health centers.

There was no study about the parenting style of addicted people so far and the present study is considered the first study in this context because its importance is found according to the former studies.

A study carried out by Nanavaty et al. (2005-2006) indicated that parenting method and expectations of parents have direct relationship with girls' shyness and kindly parenting method has opposite relationship with girls' shyness, also parenting method with independency in private affairs has opposite relationship with girls' shyness and there is a significant relationship between the order of birth and shyness [15]. Although mentioned variables have not been studied in the present study, they indicate the importance of studying in this context.

Another study indicated that there is a psychological gap between almost two-thirds of adolescents and their fathers and there is a significant relationship between the moral development of fathers and level of their gap with their children [16].

Also a study carried out by Ahmadi indicated that there is no difference between people with different levels of education such as secondary school and lower and also diploma, advanced diploma and higher in parenting beliefs. However, in case of intelligence beliefs, parents with a diploma have a higher level than an advanced diploma or higher educational degrees but they had less or none difference with parents of secondary schools [17].

In the present study, decisive parenting style was observed more in parents with high education and to some extent; it is indicated by the results of the research.

In the study carried out by Huch, it showed that the age of parents and the number of children had no effect on the parenting style and it was exactly similar to our study [18].

According to the importance of this issue and its important effects on different studies, carrying out exclusive researches are necessary in this context [19-22].

**Conclusion**

The present research showed that there is no much difference between parenting style of addicted people and normal individuals and because it is obtained just by sampling from health centers, it cannot be generalized to all community of addicted people and due to the importance of this issue it is suggested to carry out the research for addicted people of addiction treatment centers. It showed that the level of parents' education has a direct effect on parenting styles of parents.

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**Scientific Responsibility Statement**

*The authors declare that they are responsible for the article's scientific content including study design, data collection, analysis and interpretation, writing, some of the main line, or all of the preparation and scientific review of the contents and approval of the final version of the article.*

**Animal and human rights statement**

*All procedures performed in this study were in accordance with*

*the ethical standards of the institutional and/or national research committee and with the 1964 Helsinki declaration and its later amendments or comparable ethical standards. No animal or human studies were carried out by the authors for this article.*

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#### Conflict of interest

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